

REMARKS

The claims of the subject application have been amended to avoid multiple dependency. Favorable consideration of the subject application is respectfully requested.

Attached hereto is a marked-up version of the changes made to the claims by the current amendment. The attached page is captioned "Version with markings to show changes made."

Respectfully submitted,

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Date: February 20, 2002

VERSION WITH MARKINGS TO SHOW CHANGES MADE

In the claims:

Claim 3 - 5 and 7 have been amended as follows:

3. The abdominal exerciser of claim 1 ~~or 2~~, wherein at least one male screw is fixed to the top surface of the flexible plate, and the weight applying means is at least one weights to be engaged with the male screw.
4. The abdominal exerciser of claim 1 ~~or 2~~, wherein the weight applying means comprises a filling for providing weight, and a weight retainer fixed to the top surface of the flexible plate, for holding the filling therein, and the filling comprises metal or mineral.
5. The abdominal exerciser of claim 1 ~~or 2~~, wherein the projections are formed of a mineral capable of emitting far infrared rays, and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, the thermal keeping plate including a plurality of permanent magnets arranged therein.
7. The abdominal exerciser of claim 1 ~~or 2~~, further comprising a pair of grips at both ends of the flexible plate.

Claims 8 - 11 have been added.